

Religiosity and Spirituality: Moderators of the Association Between Race-Related Stress and Psychological Distress?

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Race-related mistreatment can lead to serious distress, but the level of distress varies across people. In a sample of 80 African American college students, for example, I did not find a significant association between self-reported experience of race-related stressors (RRS) and psychological distress (defined as current depression or anxiety), $r(80) = .121$, $p > .05$. I then hypothesized that this association might be moderated by religiosity and/or spirituality which have been shown to be an effective coping method for distress. Specifically, I predicted that individuals with high religiosity and/or spirituality would show weaker associations between RRS and distress than would individuals with low religiosity and/or spirituality. I am currently gathering self-report data from a second set of college students from a diverse urban college setting to test this hypothesis. Implications of the findings for interventions aimed at decreasing college student distress will be discussed.